

SEPTEMBER 2016

SeniorLiving

Kingsport Senior Center



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Nutrition Site Manager- Sutonia Sizemore
246-8060

Front Office
392-8400 | Fax: 224-2488

Policies:

Refund Policy: The Senior Center staff is not authorized to give refunds. When a refund is required for any reason, the request is first made at the Senior Center, turned in to the Finance Department and checks are issued. Please allow at least three weeks for processing. A receipt must accompany the request for a refund.

Please Notice Our New Membership Rates as of July 1, 2016:

For Fiscal year:

July 1, 2016-June 30, 2017

\$25.00- Kingsport City Residents

\$45.00- Sullivan County Residents

\$70.00- Out of County Residents

*If you have Silver Sneakers through your insurance company your membership is free.

Mission:

The Kingsport Senior Center is a community resource dedicated to enriching the quality of life for area seniors.

About the Kingsport Senior Center: The Kingsport Senior Center is a community center reserved for those aged 50 years and up. The facility includes a fitness center, a computer lab, a pottery workshop with 3 kilns, basketball courts, shuffleboard, a billiards room, and a workshop. Activities offered are exercise programs, intellectual programs, social programs and wellness programs.



Location and Hours of Operation:

Main Site – Renaissance Building:

1200 E. Center Street Kingsport, TN 37660

Hours of Operation:

Monday-Friday: 8:00A.M. to 7:00P.M.; Saturday: 9:00A.M.-12:00Noon.

www.kptseniors.net

Branch Sites:

Lynn View:

423-765-9047- 257 Walker Street Kingsport, TN 37665

Hours of Operation: Monday-Friday 9:00A.M. to 2:00P.M.

V.O. Dobbins:

301 Lois Street Kingsport, TN 37664

Colonial Heights Baptist Church:

108 Colonial Heights Rd Kingsport, TN 37663

First Broad Street United Methodist Church:

100 E. Church Circle Kingsport, TN 37660

Bloomingdale Baptist Church:

3220 Bloomingdale Rd Kingsport TN, 37660

Forest Ridge Manor:

1252 Bloomingdale Pike Kingsport, TN 37660

George Washington School Apartments:

205 E. Sevier Ave Kingsport, TN 37660

Friendship Manor Apartments:

108 Wampler Street #39, Kingsport, TN 37665

Maple Oak Apartments

818 Oak Street Kingsport, TN 37660

Kingsport Senior Center Advisory Council Members:

Bruce Shine (Chairman)

Brenda Cunningham

Norma Livesay

Lester Pridaemore

Carol Woodard

Pat Breeding

Jean Chang

Carmen Moix

Frances Cottrell

Mary Porter

Sherri Mosley

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Special Events

The Nina Ketron Plus 2 Band will lead Jam Session on the 2nd and 4th Thursday in September. Jam Session starts at 12:30P.M. in the Cafeteria. All musicians and singers are welcome.

The Kingsport Senior Center has teamed up with Domtar and local elementary schools and has started a **PaperPal Program**. Research shows that handwriting not only has tremendous neurological benefits to the developing minds of children, but handwriting is also a useful brain exercise for aging adults and an effective way to communicate on a more emotional level. To bring these important messages to life, we created a handwriting correspondence program called PaperPal. PaperPal brings together students and senior citizens through a fun and engaging letter exchange program. Much like a pen pal program, students and retirees will exchange hand written letters, drawings, and artwork. It is a fun way for students and retirees to practice handwriting and connect with someone new to share experiences of their different generations. We will have a PaperPal meeting on **Thursday, September 1, 2016** at 2:00P.M. in Room 239. This meeting is for anyone who is interested in participating in the PaperPal program. This is a new and exciting class we are starting and we are thrilled to be apart of it. Please contact the front office at 392-8400 to sign up.

Between The Covers Book Club will meet every first Tuesday of the month at 10:00A.M. in the Card Room. Eowyn Ivey calls the book we will read in September “The Snow Child”. In the 1920’s Mabel and Jack settle along the Wolverine River in Alaska. They hope the challenge of homesteading in the wild will wipe away years of grief and give them a fresh start. Instead, they find that work and isolation rule. The hardship of everyday life cuts away at their spirits. Cash is scarce. Hope dimmed. As the cold bites, each tires to survive in their own way. Sign up now.

Our **Flower Arranging class** will meet on **Thursday, September 8, 2016** at 10:30A.M. in the Multipurpose Room. The cost for this class is \$10.00 and is paid to Instructor Susan Valentine the day of class. In this class you will learn how to make a beautiful centerpiece for your home and will be able to take it home that day. Please bring a pair of scissors to cut flowers with. **For this class please bring a covered dish to share with the class.

“Adult Coloring Therapy For Seniors” will be held at 11:00A.M. in the Card Room, on **Monday, September 12, 2016**. In this class, Kim Howell with Visiting Angels will lead a group discussion on the benefits of Adult Coloring. You will also create projects in this class. The benefits of Adult Coloring for seniors are: **1. Improves Mood 2. Relieves Stress 3. Reduces Agitation 4. Promotes Socialization and Reminiscing 5. Provides an Outlet for Self-Expression 6. Helps to Maintain Motor Function 7. Improves Dexterity (Grip Control)**. Join us and see how Adult Coloring can help you. Please bring your Adult Coloring book and colored pencils if you have them. Contact the front office to sign up.

DB Cosmetology Students will be at the Center on **Tuesday, September 13, 2016** from 11:30A.M. to 1:30P.M. to do **manicures**. The cost is \$2.00 paid to your manicurist the day of the appointment. Please contact the front office at 392-8400 to make your appointment. Sign up will begin on August 29th.

Have you ever wanted to learn how to paint like Bob Ross? Jay Holdway will be teaching **Bob Ross Style Painting** on **Wednesday, September 14, 2016** from 10:00A.M. to 2:00P.M. in room 302. You can see a sample painting located in the display case billiards room side. The cost is \$50.00 paid to instructor the day of class. The cost for the class covers your supplies. Please bring your lunch.

Our **Trunk Sale** will be held on **Friday, September 16, 2016** from 8:00A.M. to 2:00P.M. in the Front Parking Lot. If you want to sell items please contact the front office at 392-8400 to reserve a spot.

We will have **Movie Day** on **Wednesday, September 21, 2016** at 1:00P.M. in the Theater. We will watch “The Bucket List”. Billionaire Edward Cole (Jack Nicholson) and car mechanic Carter Chambers (Morgan Freeman) are complete strangers, until fate lands them in the same hospital room. The men find they have two things in common: a need to come to terms with who they are and what they have done with their lives, and a desire to complete a list of things they want to see and do before they die. Against their doctor’s advice, the men leave the hospital and set out on the adventure of a lifetime. We will serve popcorn and drinks. The theater is cold so be sure to bring a jacket. Please sign up for this free event in the front office on August 24th. You will not want to miss this laugh out loud comedy.

Frolic Into Fall Festival will be held on **Friday, September 23, 2016** from 5:30P.M. to 7:30P.M. in the front parking lot. We will serve bbq pork sandwiches, corn on the cob, baked beans, potato salad, strawberry shortcake, and sweet and unsweet tea. We will also have yard games and entertainment by the Night Moves Mobil DJ’s. Note: Please bring a cake to participate in the Cake Walk and please bring your lawn chair for seating. This event is taking the place of our annual Block Party so you do not want to miss this! Please sign up by September 16 so we know how much food to prepare.

The **“Melting Pot”** cooking class will be held on **Monday, September 26, 2016** at 11:00A.M. In this class you will learn how to make a variety of foods from different areas of the world such as; Chinese, Hispanic, Italian, French, Japanese, German, and even good ole Southern cooking. Each Monday you will learn a different style of cooking. You will also be given recipes to take home in class. This class will be \$5.00 paid at sign up. You may sign up for this class on September 6, 2016.

Anne Thwaites will teach **Beginning Drawing** on **Friday, September 30, 2016** from 1:00P.M. to 4:00P.M. in room 303. The cost is \$20.00 paid to instructor the day of class. If you are interested in learning how to draw then this class is for you. You will pick up a supply list in the front office when you sign up.

Our **Halloween Party** will be on **Monday, October 31, 2016** at 1:00P.M. in room 310. We will dance, play games, eat, and have a costume contest so be sure to dress up! Please bring a fun Halloween dish to share with others. Prizes will be awarded to 1st, 2nd, and 3rd place for the costume contest. Sign up will begin on September 28th.

AARP Safe Driving will be held on **Tuesday, November 1 and Wednesday, November 2, 2016** from 9:00A.M. to 1:00P.M. in room 230. The cost is \$15.00 for members and \$20.00 for non-members. Note: This is a 2-day course and you must attend both days. Light refreshments will be served with coffee. Please sign up now in the front office.

Lifeguard Training with CPR/AED for the Professional Rescuer Kingsport Aquatic Center

The purpose of the American Red Cross Lifeguard Training course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize, and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illness until emergency medical services personnel take over.

This course includes the following certifications: American Red Cross certificate for Lifeguarding/First Aid/CPR/AED (valid 2 years). A rescue mask will be provided as part of the course fee. Participants will need to obtain a current copy of the American Red Cross Lifeguarding Manual, which can be downloaded free of charge from www.redcross.org. This course is approximately 26.5 hours in length, and participants must attend all classes.

To participate in the course you must meet the following prerequisites (if the pre-test is failed, \$75 is non-refundable):

1. Must be 15 years old by the last day of class
2. Swim 300 yards continuously demonstrating breath control and rhythmic breathing (swimming with face in the water). Candidates may swim using the front crawl, breaststroke or a combination of both, but swimming on the back or side is not allowed. Swim goggles may be used.
3. Tread water for 2 minutes using only the legs. Candidates should place their hands under their armpits.
4. Complete a timed event within 1 minute, 40 seconds:
 - a. Staring in the water, swim 20 yards with face in our out of water. Swim goggles are not allowed.
 - b. Surface dive, feet first or head first, to a depth of 7 to 10 feet to retrieve a 10 pound object.
 - c. Return to the surface and swim 20 yards on your back to return to the starting point with both hands holding the object while keeping your face at or near the surface so that you are able to get a breath. Candidate should not swim the distance underwater. Exit the water without using ladder or steps.

The practice sessions will require some strenuous physical activity. If a medical condition or disability exists that might prevent participation in the activites, or there are questions about fully participating in the lifeguarding course, please contact the facilitly to discuss this with an instructor before the course begins.

The course fee is \$175.00 (\$75.00 is non-refundable if pre-test is failed) To sign up, please visit the KAC front desk. Classes fill quickly in the winter and spring.

TESTING DATES:

September 2016:

Friday, September 16- 4pm-9pm (pre-test included) • Saturday, September 17- 9am-5pm
Sunday, September 18- 11am-5pm • Friday, September 23- 4pm-9pm (Final test & scenarios)

October 2016:

Monday, October 10- 8am-1pm
(pre-test included)
Tuesday, October 11- 8am-1pm
Wednesday, October 12- 8am-1pm
Thursday, October 13- 8am-1pm
Friday, October 14- 8am-1pm
(final test and scenarios)

November 2016:

Friday, November 4- 4pm-9pm (pre-test included)
Saturday, November 5- 9am-5pm
Sunday, November 6- 11am-5pm
Friday, November 11- 4pm-9pm
Sunday, November 13- 11am-3pm
(final test and scenarios)

December Session I 2016:

Friday, December 2- 4pm-9pm (pre-test included)
Sunday, December 4- 11am-5pm
Friday, December 9- 4pm-9pm
Saturday, December 10- 9am-3pm
Sunday, December 11- 11am-3pm
(final test and scenarios)

December Session II 2016:

Friday, December 16- 5pm-9pm (pre-test included)
Saturday, December 17- 9am-3pm
Sunday, December 18- 11am-3pm
Monday, December 19- 8am-1pm
Tuesday, December 20- 8am-1pm
Wednesday, December 21- 8am-1pm
(final test and scenarios)

Trips & Extended Travel

Kingsport Senior Center Presents

Alaskan Cruise and Land Tour Aboard Celebrity's "Millennium"

11 days and 10 nights – August 18, 2017 to August 28, 2017

\$4,125.00 per person Inside Cabin (price is based upon Double Occupancy)

\$4,325.00 per person Outside Cabin (price is based upon Double Occupancy)

\$5,125.00 per person Balcony Cabin (price is based upon Double Occupancy)

**Deposit of \$250.00 per person due at signup, \$500.00 per person is due by
October 3, 2016 and final payment due by March 17, 2017**

Must have a passport for this trip! Sign up starts May 2nd.

Trip Insurance pricing = TBA

8/18/17 (FRI): Arrive in Vancouver, British Columbia. Board your ship the Celebrity Millennium and Depart on your Alaska Cruise!

8/19/17 (SAT): Inside Passage Cruising – This famously beautiful passage features virtually everything you came to Alaska hoping to see, including rain forests, glaciers, fjords, white-capped peaks and wildlife.

8/20/17 (SUN): Ketchikan, Alaska – In addition to being the jumping – off point for seaplane excursions into the Misty Fjords National Monument and its 2.2 million acres of wilderness nirvana, Ketchikan is also the ancestral home of the Tlingit tribe and has the world's largest collection of totem poles.

8/21/17 (MON): Icy Strait Point Alaska – At the mouth of Glacier Bay, lays historic Icy Strait Point, where travelers have the unique opportunity to experience Tlingit culture, superior wildlife viewing opportunities and years of Alaskan history.

8/22/17 (TUE): Juneau, Alaska – Here the pioneering spirit lives on in an interesting mix of cosmopolitan chic and frontier ruggedness.



8/23/17 (WED): Skagway, Alaska – If any place on earth can summon up the thrill of prospecting, it's Skagway. By embracing its gold-rush past, Skagway has managed to preserve a frontier spirit complete with saloons and dance-hall revues.

8/24/17 (THURS): Hubbard Glacier (cruising) – The Hubbard Glacier is North America's largest tidewater glacier and is unique in that it is currently advancing, while most Alaskan glaciers are retreating.

8/25/17 (FRI): Seward, Alaska – Upon arrival in Seward greet your Tour Director at the pier, then board your deluxe motor coach and travel to Denali where you will spend the night.

8/26/17 (SAT): Denali, Alaska – In the morning, enter Denali National Park for a Denali Natural History Tour. Travel a scenic route to the Savage River. Along the way, learn about the natural and cultural history of the Denali region. Discover the beauty of taiga forests and gaze over miles of rolling tundra, all while searching for spectacular wildlife. This afternoon, board the Wilderness Express, Celebrity's glass-domed train-cars that provide a spectacular 360 degree view, for a scenic ride to historic Fairbanks. Check into your Fairbanks hotel where you'll stay for the next two nights.

8/27/17 (SUN): Fairbanks, Alaska – After breakfast, you'll enjoy a fun-filled day in Fairbanks, including a tour of the Gold Dredge 8 where you can learn to pan for gold! Your afternoon is free to explore on your own or choose an optional excursion such as a visit to the Museum of the North or a ride on the Riverboat Discovery. Spend a second night in historic Fairbanks.

8/28/17 (MON): Fairbanks, Alaska – Depart for home with memories of a truly wonderful vacation!

Travel safety tips for older adults with medical conditions

The opportunity to travel is one of the best perks of retirement. Even men and women who are only semi-retired have more freedom to travel than those who are still working full-time.

But while men and women over 50 may have more time to travel, they also must take more precautions when traveling, thanks in large part to medical conditions. Many men and women over 50 have medical conditions that may require they take medication and/or visit their physicians somewhat regularly. But those who want to travel need not let their health prevent them from seeing the world. The following are a few travel tips for men and women with medical conditions.

• **Speak with your healthcare provider before any trips.** Whether you are about to embark on an overseas adventure or just spend a couple of weeks visiting your grandchildren, speak to your healthcare provider in advance of your trip. Healthcare providers may recommend certain vaccinations to men and women traveling abroad, and providers also can explain coverage and what to do in case of a medical emergency while away from home.

• **Refill your prescriptions.** Men and women who must take medication should refill their prescriptions before traveling away from home. Doing so ensures you will have enough medication to last your trip. When filling a prescription, explain to your pharmacist and/or physician that you are about to travel and tell them where you will be going. They may recommend you avoid certain foods native to your destination, or they may give you the greenlight to indulge in the local cuisine.

• **Carry a list of your medications and medical conditions with you when traveling.** Before traveling, make a detailed list of the medications you take and why you take them. The list should include dosage and the names, both generic and brand name, of the medications you take. Include any past medical conditions, such as a heart attack, you have had as well. Carry this list with you when traveling. In case of emergency, the list will alert responding medical professionals to any current or past medical conditions you have so they can better treat you.

• **Keep medications in their original containers.** Some men and women find it easier to remember to take their medications if they transfer pills from their original containers into pill organizers. Such devices can be very convenient at home, but they make create problems when traveling through customs or even on domestic flights. Pills can always be transferred to organizers upon your arrival at your destination; just make sure they are placed back into their original containers before you return home.

• **Drink plenty of water on flights.** Airplane cabins can be very dry, which can exacerbate dry mouth that results from taking medication. When boarding a flight, speak to the flight attendant and explain that you need some extra water so you can stay hydrated and avoid irritating dry mouth that may result from your medication. If you must take medication while on your flight, don't be afraid to ask the flight attendant for a fresh glass of water and even a light snack if you need to eat something with your medicine.

Men and women over 50 have more freedom to travel than many of their adult counterparts. But such travelers must exercise extra caution if they have medical conditions.

Day Trips

Thursday, September 22, 2016-

We will take a trip to Barter Theater to see "Something Wicked This Way Comes". We will eat lunch at Heartwood Restaurant before the show. We will depart the Center at 10:30A.M. and will return around 6:00P.M. The cost is \$30.00 which includes your ticket and transportation. Please bring money the day of the trip for lunch. One strange and wild Autumn, Halloween came early. It came at exactly the time as Cooger and Dark's Pandemonium Shadow show rolled into town...that year James Nightshade of 97 Oak Street was 13 years, 11 months, and 23 days old. Next door, William Halloway was 13 years, 11 months, and 24 days old. For Jim and Will, the lure of the carnival is irresistible. They soon discover that a sinister secret lies behind the smoke and mirrors; the carnival holds a dark desire to destroy the day. Adapting his own novel for the stage, the legendary Ray Bradbury has created a spine-tingling battle between good and evil. It is packed with a terrifying collection of characters, including the mysterious flying Dust Witch and the deadly Mr. Dark. A fantastic book, and now a new show for everyone from nine and up. "Something Wicked This Way Comes" is a deliciously, scary adventure about friendship, innocence and perfectly captures the wondrous belief we possess when we are 14 years old. You may sign up for this trip now.



Friday, October 7, 2016- We will take a trip to Fairview, NC to the Fall Festival and Farm Tour at Hickory Nut Gap Farm. You will depart the center at 8:00A.M. and will return around 4:00P.M. The cost is \$13.00, which includes your transportation and admission into the farm. Admission includes a 1.5-hour tour of the farm and history of the farm animals. A corn maze, petting zoo, cider press, and pumpkin patch are included. If members want to do the hayride they will need to bring \$3.00 each per person and pay on their own at the farm. Lunch will be on your own and can be purchased at the farm (bbq, burgers, etc. available) and picnic tables are available to have a picnic lunch on the property. The Hickory Nut Gap Farm is a serene 90 acres nestled in Fairview, NC. The land itself has been farmed since 1916 and has beef cattle, pigs, poultry, and apples. The farm is a gathering place for neighbors, visitors, and families to spend time picking berries, frolic in the creek, and get a firsthand view of local food system and the animals that are raised. You may sign up for this trip now.

Friday, November 11, 2016- We will take an OTLB trip to the Dan'l Boone Inn & Shopping at the Mast General Store in Boone, NC. We will depart the Center at 9:00A.M. and will return around 5:00P.M. The cost of the trip is \$28.00 which includes your transportation and lunch. Lunch is all you can eat family style and includes the following: Southern Fried Chicken, Country Style Steak, Country Ham Biscuits, Real Mashed Potatoes with Gravy, Green Beans, Cut Corn, Fresh Stewed Apples, Our Signature Coleslaw, Buttermilk Biscuits, Choice of Homemade Desserts, Soup or Salad & Beverage. After lunch you will shop at the Mast General Store. You may sign up for this trip on September 1st.

Tuesday, November 15, 2016- The Center will take a trip to the Tanger Outlets in Sevierville, TN to get ready for Christmas. We will depart the Center at 8:15A.M. and will return around 5:30P.M. The cost is \$8.00 due at sign up for transportation. You will eat lunch on your own in the Tanger shopping area. You may sign up for this trip on September 1st.

Tuesday, November 29, 2016- We will head to Barter Theater to watch "Over the River and Through the Woods" with lunch at BabyCakes Unique Eats. We will depart the Center at 10:30A.M. and will return around 6:00P.M. The cost is \$30.00, which includes your transportation and Barter ticket. Nick Cristano is a single, 29-year-old and has just been offered his dream job, but not in the same town as his grandparents. His grandparents, whom he has had Sunday dinner with every week of his life, did not take the news so well. After all, family is the center and the heart of life they say. With his parents and older sister having already moved away, the grandparents get creative to keep Nick in town. Outrageous plans are hatched, hilarious games are played, a blind-date is arranged, and stories are told; resulting in a hilarious situation taken to an extreme that can be shared and cherished by any family. This show is guaranteed to make you love your family all over again this Christmas season. You may sign up for this trip now.

Friday, December 2, 2016- The Center will take a trip to West Town Mall in Knoxville, TN to get ready for Christmas. We will depart the Center at 8:30A.M. and will return around 5:30P.M. The cost is \$8.00 for transportation. Lunch will be on your own at a restaurant of your choice in the mall. You may sign up for this trip on September 1st.

Thursday, December 8, 2016- The Center will take an OTLB trip to the Grove Park Inn and will get to see the Annual Gingerbread House Competition in Asheville, NC. We will depart the Center at 9:45A.M. and will return around 5:00P.M. The cost is \$40.00, which includes your transportation, lunch and gingerbread house competition admission. The Blue Ridge artisanal buffet offers us what we love-plenty of great food, Southern hospitality and beautiful views of the Blue Ridge Mountains! The lunch buffet will offer but is not limited to; Roast Beef au jus, Fried Chicken, Smoked Ham, Crispy Catfish, Green Beans, Grilled Vegetables, and various Salads. After your buffet style lunch members can enjoy the Annual National Gingerbread House Competition display. Creative minds from all over the country have come together to mold and shape their food into eye-popping pieces that resemble both houses and symbols of the holiday season. You may sign up for this trip on September 1st.

SENIORS LOVE TO SPLASH TOO!

Asbury Place and the Kingsort Aquatic Center celebrate National Grandparents Day with FREE swim for seniors 55 and over.

Sunday, September 11 - 10a.m. - 6 p.m. guests 55 years of age and over swim free! Guests 54 and under half price!

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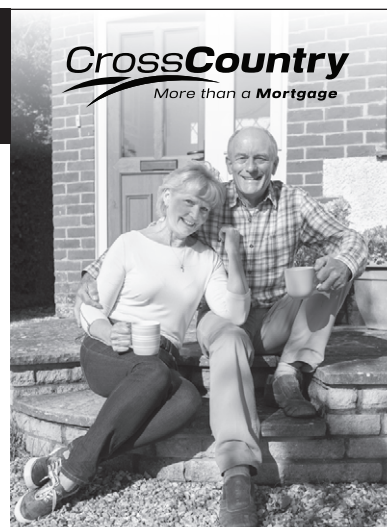
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Wellness

FLU VACCINE CLINIC: Pinney's Prescription Shop will be offering a Flu Vaccine Clinic on **Tuesday, September 20, 2016** from 9:00 am to 11:00 am in the hallway Billiards Room side. Medicare part B and TNCARE are going to cover the influenza vaccine this year at no charge to the patient. Without any insurance the current retail price of the vaccines is:

• **Influenza: \$25.00**

You must bring in your insurance card (Medicare, etc.) so that we may record the information and bill accordingly. Pinney's will also verify patient medical/immunization history, provide information on all vaccine types, give the patient an immunization card for his/her reference, and provide the immunization information to the client's primary care physician. Sign up in the office, walk-ins are welcome.

MEDICARE AND TURNING 65 EDUCATIONAL EVENT: Andrew Price with Mackie Financial Group will be at the Center on **Tuesday, September 27, 2016** at 10:30 am in the Card Room. Topic of discussion will be "*Medicare and Turning 65 Educational Event*": This seminar will discuss the ins & outs of Medicare and if you are turning 65 in the next 6 months, it can get really confusing. Come find out how Medicare works, ask question, and talk to an actual person instead of sifting through the mountain of mail you have started receiving. This seminar is an educational event and no sales material will be available, and you will not want to miss this seminar, so mark your calendar and plan to attend!

IMPROVING MOBILITY: Dr. Eddie Ko with ETSU Family Physicians of Kingsport will be at the Center on Tuesday, October 18, 2016 at 10:30 am in the Card Room. Topic of discussion will be "Improving Mobility": This seminar will discuss:

- **Classification of Function, Disability, and Health.**
- **Types of Rehab Providers.**
- **Exercises**
- **Mobility Aids**
- **Bathroom, Self-Care Aids**

This is an event you will not want to miss, so mark your calendar and plan to attend!

STROKE SUPPORT GROUP

Your friends, Ginny Jenkins with Smoky Mountain Home Health and Hospice, Kim Howell with Visiting Angels, Kevin Lytle with the Kingsport Senior Center, and HealthSouth Rehabilitation Hospital have teamed up to help give support to those in need. We will meet on **Tuesday, September 13, 2016** and every 2nd Tuesday of the month from 10:00 am to 11:30 am in the Card Room. No sign up required, for more information contact: Ginny Jenkins at 423-246-1005.

SULLIVAN COUNTY S.A.L.T. COUNCIL

Theresa Bright Redmond, CSA Community Liaison with BrightStare Care and Sullivan County S.A.L.T. Council, Seniors and Law Enforcement Together will meet on **Thursday, September 15, 2016** and every 3rd Thursday of the month from 2:00 pm to 4:00 pm in the Card Room. This is a great program for seniors to work with local law enforcement and receive some value information. No sign up required, for more information contact: Theresa Bright Redmond at 423-989-7827.

SHUFFLEBOARD TOURNAMENT

We invite all shuffleboard players to show off your skills on **Wednesday, October 5, 2016** at 10:00 am. This tournament will be doubles playing the best three games, with prizes for 1st, 2nd, and 3rd place only. We will only use one side of the scoreboard. Cost is \$2.00 per person due day of tournament. We will need at least 10 to sign up for tournament to be played. Sign-ups start on Wednesday, September 7, 2016.

FIRST DISTRICT SENIOR OLYMPICS

The First District Tennessee Senior Olympics is a special event for seniors 50 and older that combines a wide range of competitive activities. The objectives of the Senior Olympics are to recognize people who have achieved and maintained good health throughout their lives, promote physical fitness and the pursuit of lifetime leisure activities, and provide opportunities for fun, recreation and fellowship. Forms for the Senior Olympics are available in the Office. The following counties are included in the First District:

***Carter *Greene *Hancock *Hawkins *Johnson *Sullivan *Unicoi *Washington**



The 2016 First TN District dates: **September 07 - September 24, 2016. Golf Tournament** Cattails at Meadowview, Kingsport: Wednesday, September 7th. **Track & Field** at Science Hill High School (Kermit Tipton Stadium), Johnson City: Saturday, September 10th. **Shuffleboard** (Singles, Doubles, may be mixed) at Kingsport Senior Center: Monday, September 12th. **Bowling** Singles, (Men & Woman) Tuesday, September 13th, **Bowling** Doubles (All Ages) Wednesday, September 14th at Holiday Lanes, Johnson City. **Pickleball** (singles, doubles, and mixed doubles) at Memorial Park Community Center, Johnson City: Wednesday, September 14th. **Bowling** Mixed Doubles (All Ages), Holiday Lanes, Johnson City: Thursday, September 15th. **Table Tennis** Singles, Doubles, & Mixed-Doubles, Kingsport Senior Center: Thursday, September 15th. **Horseshoes** at Rock Springs Recreation Center, Kingsport: Friday, September 16th. **Swimming Events** Kingsport Aquatic Center, Kingsport: Tuesday, September 20th & Friday, September 23rd. **Basketball** ETSTU Brooks Upper Gym, Johnson City: Saturday, September 24th.

For more information contact, Teresa Sutphin, Coordinator. Phone: 423-722-5120
Email: tsutphin@ftaad.org / Web site: www.tnseniorolympics.com

WOODSHOP LATHE TURNING SPECIAL PROJECT CLASS

Gary Albertson and Paul Diers, will be teaching a Woodshop Lathe Turning Special Projects Class on Thursdays and Fridays for 3 weeks from 2:30 pm to 5:30 pm September 29, 2016 - October 14, 2016 in the Woodshop. You will make a Rolling Pin, Platter, and Turn-A-Bowl made with Hickory, Maple, Oak, or Walnut wood. Cost is \$125.00, which covers all your materials; with half due on the first day of class paid to the instructor and the final payment is due on the last day. Sign-up in the Office. Class is limited to 4 people.

BASIC WOODWORKING CLASS

Gary Albertson and Johnny Clark, will be teaching a Basic Woodworking Class for 5 weeks on Thursday and Friday from 8:30 am to 12:00 pm starting October 20, 2016 - November 18, 2016 in the Woodshop. Cost is \$75.00, which covers all your materials; with half due on first day of class paid to the instructor and the final payment is due on the last day. This class will cover all the safety requirements to work in the Woodshop and teach you how to use all the equipment the correct way. You will make a Butcher Block, Small Step Stool, and a Picture Frame. Sign-up in the Office. Class is limited to 8 people with a minimum of 4 to sign up for class to be held.

Your choice for skilled nursing – 12 years in a row.

Experience all Wexford House has to offer.



Whether you need rehabilitation after a hospital stay, or you're looking for a place with a home-like environment that provides skilled nursing care, you can count on Wexford House. We are the only facility in Tennessee that is post-acute care certified through the Joint Commission. We are also recognized for our quality by the Centers for Medicare and Medicaid Services, earning a five-star rating – the highest possible score.

And we're honored to have been selected for 12 consecutive years by Kingsport Times-News readers as the area's best nursing home.

Our team of professional caregivers strives to provide each resident with high-quality health care in a comfortable environment. Wexford co-workers provide our residents with physical therapy, occupational therapy, speech therapy and respiratory therapy, specializing in the weaning of patients with tracheostomies and those requiring mechanical ventilation. And our social and recreational activities keep residents busy, happy and active during their stays.

And as part of Wellmont Health System, our residents have access to the region's best hospitals and physicians.



Wexford House

A Member of Wellmont Health System

We're still the one.

Holston Valley is pleased to once again be Kingsport's choice for health care.



Holston Valley Medical Center has served Kingsport since 1935. Whether you were born here, healed here or both, this hospital is part of our community's history – and you are a part of ours.

We host the Kingsport region's only Level I trauma center, where we tend to the region's most critical injuries, as well as its only neonatal intensive care unit, which is currently being renovated to provide state-of-the-art care for sick and premature babies – even those born as young as 24 weeks.

Staffed with experienced, compassionate physicians and co-workers, Holston Valley stands ready to care for you and your family – today, tomorrow and beyond.

A heritage of caring. A legacy of excellence. The future of healing. And Kingsport's choice for the best health care.



Holston Valley Medical Center

A Member of Wellmont Health System

Whatever your health needs may be, Wellmont Health System is here for you. Visit wellmont.org to learn more about our facilities, services and caregivers.

Branch Sites *Classes*

Lynn View Community Center

Silver Sneakers Classic is at Lynn View Community Center in the cafeteria on Mondays, Wednesdays and Fridays at 10:00am. Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

Core conditioning is at Lynn View in the cafeteria on Mondays, Wednesdays and Fridays at 9:00am. This is a non-aerobic, muscle-toning class, focused on core strength. Most sculpting classes use weight bars, exercise bands, or dumbbells, or a combination of these gadgets. You perform traditional weight-training moves in a class setting.

Art Class meets at Lynn view on Tuesdays, in the cafeteria from 10:00am – Noon. The Art class will do a review of basic drawing techniques such as gesture drawing, contour drawing, thumb nail sketches, positive and negative spaces, etc. and then work on one major picture (watercolor or acrylic) that will be preceded by sketching, drawing, a value study, and color studies. No sign up required and all skill levels are welcome. For more information, please call Lynn View Community Center at **765-9047**.

Corn hole boards are available in the senior center office at Lynn view to play Monday - Friday from 9:00 am – 2:00pm. Corn hole is an American lawn game in which players take turns throwing bags of corn at a raised platform with a hole in the far end. A bag in the hole scores 3 points, while one on the platform scores 1 point. No sign up required, just come in and ask for the boards.

Blood Pressure checks are available at Lynn view on the second Tuesday of the month from 10:00am – Noon provided by volunteer Peg Dailey.

37th Annual Christmas Connection Senior Center Room sign up day is Thursday, September 1st, Cost is \$20.00, payable at sign up. We have 11 tables available, first come first serve. Please note, one table per person day of sign up. Dates of this annual craft fair are November 11 – 13, 2016.

What are Probiotics presentation will be held at Lynn view Community Center on Thursday, September 8 from 10-11am to be presented by Reeda Tate with Good Foods Grocery at Mac's Medicine Mart.

Beginning Crochet class will meet on Fridays, September 9 – October 14 at Lynn view in the lounge from 11:00 – Noon, in these beginner classes, you will use basic stitches and learn how to make a scarf. Cost: \$20.00 paid to instructor. Please call Lynn view community center at 756-9047 and sign up by September 2.

Intermediate Crochet class will meet on Fridays, September 9 – October 14 at Lynn view in the lounge

from 9:30 – 10:30am, during these classes, participants will make a project of their choosing, please pick project/pattern you would like to do so instructor has time to review them. Cost: \$ 20.00 paid to instructor. Please call Lynn view and be signed up by August 5.

Cooking for 1 or 2 class will be held at Lynn view community center on September 19 at 12:30pm in the lounge. Copies of the recipe will be given, demonstration of recipe and you will be able to try the food so come hungry! Food City Chef Joseph McCray will facilitate the program and will make Pizza Soup. This class will give you tips on cooking techniques for 1 person or 2 and will give ideas to keep you out of a food rut. Please call Lynn view at 765-9047 to sign up by September 14.

Potluck lunch with entertainment by Jonesboro Jim at Lynn view Community Center on Monday, September 19 at 11:30am. Please bring a side dish to share with meat provided by the Senior Center. Call Lynn view Community Center at 765-9047 and sign up by September 14.

A Butterbean Auction will be held at Lynn View Community Center on Wednesday, September 28 at 12:30pm in the cafeteria. Butter beans and prizes are sponsored by Visiting Angels. A butter bean auction is similar to bingo, just more fun because you bid with the butterbeans on items provided by the sponsor. Please call Lynn View Community Center at 765-9047 and sign up by September 23.

Pickleball is played in the gym at Lynn view on Mondays, Wednesdays and Fridays at 10:00 am – 1:00pm. Pickleball is traditionally played on a badminton-sized court with special Pickleball paddles, made of wood or high-tech aerospace materials. The ball used is similar to a whiffle ball, but slightly smaller. The lower net and whiffle ball allow the game to be accessible to people of all ages and abilities, while still allowing more competitive players to test their mettle.

Personal Training with Chris Hicks available by the hour or as a package. Call to schedule (423) 723-9967.

Bloomington Baptist Church:

Silver Sneakers Yoga is on Tuesdays and Thursdays at Bloomington Baptist church in the gym at 10:00am. Silver Sneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Indoor Walking is available Monday - Friday from 8:00 am – Noon, please sign your name for attendance in the notebook provided.



Adult Education Classes

Basics of Computer Graphics classes will be held at the senior center on Monday's beginning September 12 – October 17 from 9:00 – 11:00am in the computer lab. Cost is \$30.00 payable to instructor first day of class. In this class we will be using 2 free software packages. The GIMP for working with photo images, and BLENDER for working with video and 3-D images, animations, and video. In the 2D portion of the class you will learn how to: edit and enhance still images, to restore damaged photos. In the 3D portion of the class you will learn how to: create 3D objects for still and animated objects. Create animations. Edit video and create titles for your videos. This course is designed for beginners and will prepare the participants for future more advanced classes. Please call the senior center office at 392-8400 and sign up by September 6.

Zumba exercise class will be offered at Lynn View Community Center on Monday for six weeks beginning on Monday's starting on September 12 – Oct 17 from 5:30 -6:30pm. Cost is \$20.00 for senior members, \$25 non-members. Have fun while you lose weight! Zumba Dance Workout is an enjoyable way to stay fit. Call Lynn View Community Center, 765-9047 and sign up by September 8.

Android Basics classes will be held on Saturday's, September 17 – October 22 from 9:00 -11:00am in the card room at the Senior Center with Instructor Whitney Sensabaugh, these classes will teach you how to download apps, use phone features, send emails, take pictures, send text messages, understand the OS And more...cost is \$25.00 for members, \$35.00 non-members, payable at sign up. Minimum of 7 participants needed for class to go. Please call 392-8400 to sign up by September 12.

Beginning Conversational Spanish classes will be held at the senior center on Tuesdays, September 13 – October 18 from 2:00 – 4:00pm in room 303. Cost is \$30.00 for members, \$40.00 for non-members payable to instructor first day of class. In these classes you will learn to say hello, goodbye, where's the restroom, where to eat, how to speak to people, question people when you are traveling or speaking to someone from a different culture. Minimum of 6 participants needed for class to go. Please call the senior center office and sign up by September 8.

Branch Sites *Classes*

Intro to Spanish I classes will be held at the senior center on Thursday's, September 15 – October 22 from 2:00-4:00pm in room 303. Cost is \$30.00 for members, \$40.00 for non-members payable when you sign up for the class. In these classes you will learn useful phrases and words, alphabet, numbers, days, verbs, writing dialogues, definite and indefinite articles, adjectives, stem changing verbs, direct and indirect object pronouns and more. Minimum number of 6 needed for class to go. Please call the senior center office and sign up by September 8.

Piloxing exercise classes are offered at the senior center in room 302 on Tuesday and Friday at 9:30am. Piloxing is a combination of Pilates and kickboxing type of exercises that gives you a great cardio workout. Cost is free for members, \$2.00 non-members. Non-members can pay for 12 class sessions in the senior center office, we will give you a punch card that will be punched by the instructor for each class.

Residential Electrical Code Classes will be held at the Senior Center in the cafeteria on Mondays beginning September 26 - November 14 from 6:00 – 8:00pm. Cost is \$75.00 per participant, payable when you sign up in the senior center office. We must have a minimum of 5 participants for the class to be held. This is an 8 week class. Instructor is Chris Ferrell, City code inspector. Class is based on 2011 NEC. Please be signed up by September 20.

Tastes from Around the World Cooking classes will be held at The Villages of Allandale on Thursdays beginning October 11 – November 15 from 6:00 – 9:00pm. Cost for the six weeks of classes is \$249.00 for members, \$254.00 non-members, payable at sign up that starts September 9. Minimum of 5 for class to go with a maximum of 10 participants. France, Italy, Spain, Mediterranean and Thailand are countries filled with many traditional regional cuisines specific to each region. These cuisines are thought of as major art forms, because of the enormous riches of their cultures. These classes will feature classic as well as modern cuisines, and each class will end with a meal that we will share together. Sheridan Nice is the owner of Mona Lisa's Gelato and Café in Johnson City, TN with her partner and husband, Steve Nice. She is a graduate of LaVarenne, Ecole de Cuisine, Paris and a recipient of a Baking and Pastry Scholarship from the International Association of Culinary Professionals, to the Culinary Institute of America in Napa Valley. Please be signed up and paid by Oct 4.

Learning Basic Computer Skills: Thursday, September 15 through October 6, 2016 10:30-12:30 in the Computer Lab. Thursdays only. \$25.00 for members and \$35.00 for non-members.

Getting started with your computer:

- buttons and ports on a computer
- keeping your computer clean
- choosing and setting up a screen name

How to use your computers built in helpers:

- undoing your mistakes
- getting the free stuff
- and jump drives

Protecting your computer:

- what to do in your computer gets a virus

Download and uploading:

- programs
 - pictures
- Please be signed up and paid by September 8th.

First Broad Street United Methodist Church

Yoga classes are offered at this branch site on Tuesdays and Thursdays in the recreation room on the second floor of the church. No sign up required. Fee is included with membership fee.

Core Yoga: done mostly on a mat. Includes breath, abdominal and arm strength building. Class is on Tuesday and Thursday from 11:00 -11:30am.

Yoga: includes standing poses and gentle movement for strength and flexibility, each class ends with relaxation. Class is on Tuesday and Thursday from 11:30am – 12:30pm.

George Washington Apartments: monthly activities such as bingo, birthday parties, educational seminars, blood pressure checks, special events, etc.

Friendship Manor Apartments: monthly activities such as bingo, birthday parties, educational seminars, blood pressure checks, special events, etc.

V.O. Dobbins: Total Body Workout, Monday and Wednesday 9:30am, in Gym #2. Starting June 1 the class will meet at the Senior Center in room 302 due to Kids Camp at V.O. Dobbins. Total Body workout consists of upper and lower body exercises that trims, tones and defines muscle and also gives you a good cardio workout. No sign up required.

Forest Ridge Manor Apartments: monthly activities such as bingo, birthday parties, special events, etc.

Kiwanis Towers Apartments: monthly activities such as bingo, birthday parties, educational seminars, blood pressure checks, etc.

Colonial Heights Baptist Church: indoor walking on the upper level in the gym at the church. Please sign the attendance sheet that is provided at the church.

Aquatics Center: Lap swimming with your senior center membership card is free M-F, 8:00 – 11:00am and you will receive a 20% discount on swim classes.

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Kingsport Senior Artisan Center Information

The Kingsport Senior Artisan Center is a consignment gallery of work crafted by regional artists age 50 and over. Our gallery contains a variety of items including handmade greeting cards, jewelry, pottery, and bath and body items. All items pass through a juried selection process for entry in the gallery. If you are interested in selling your art in the gallery, please submit photos via email along with a brief biography. The proceeds from all sales go directly to the artist, with a small portion benefitting programs at the Kingsport Senior Center.

A monthly Artist Breakfast will be held in the Artisan Center Gallery on the second Tuesday of each month at 10am. Gallery artists and potential artists/craftspeople are invited to attend.

Located in the Lynn View Community Center, our multi-level facility offers basketball, pickleball, indoor walking, weights and exercise equipment, a billiards room, group exercise, and a computer lab. Our Lounge features Wii Sports and there's always a fresh pot of coffee brewing! We are open Monday-Friday from 9am-2pm.

Kingsport Senior Artisan Center

257 Walker Street • Kingsport, TN 37665 • 423.765.9047
Email: michelletolbert@kingsporttn.gov or hannahbaker@kingsporttn.gov



Classes & Daily Activities

**Our Fall Class Session will start the week of August 29 and will end the week of November 21st.
Please notice sign up dates listed for specific classes.*

Monday:

Lap Swimming: 8:00A.M.-11:00A.M. (Aquatics Center) (First come first serve)- Swimming freestyle will not only work your shoulders and legs extremely well but your chest, back, core, and everything in between will show signs of real development in just a few days.

Silver Sneakers Classic: 8:15A.M. (Gym)- It's designed to increase strength, range of movement, agility, balance and coordination, and to improve participants' functional capacities, physical fitness level and sense of well-being.

Basic Tai-Chi: 9:00A.M. (Room 310)(August 29 through November 21)- Tai Chi is an ancient Chinese martial art form often referred to as the practice of "meditation in motion". Tai Chi promotes relaxation, stress relief, and conscious awareness of the present moment. This class is designed for individuals taking Tai-Chi for the first time.

Open Woodshop: 8:00A.M. to 2:00P.M. (Woodshop)- If you enjoy woodworking and creating exciting wood projects stop by our Wood Shop. We have all the equipment and tools to complete any project big or small

Quilting: 9:00A.M. (Room 303)- is the process of sewing of two or more layers of fabric together to make a thicker padded material, usually to create a quilt or quilted garment.

High Impact Aerobics: 9:15A.M. (Gym)- Aerobic exercise keeps your muscles strong, your mind sharp, which can help you maintain mobility as you get older. At least 30 minutes of aerobic exercise three days a week appears to reduce cognitive decline in older adults.

Happy Day Singers: 9:45 A.M. (location varies) This group meets at the Center and travels by bus to sing at a designated nursing home based on the schedule. They sing old-fashioned hymns from the "church hymnal" book and have a happy day start to Monday's.

Beginning Clay: 10:00A.M. (Clay Room) (August 29 through November 21) This class is designed for individuals who have never worked with clay before. In this class you will create hand-building projects. *Sign up will begin on August 4th.

Strength Training: 10:15A.M. (Gym)- Improves your balance and stability, reduces blood pressure, builds muscle strength, and improves your ability to do everyday activities.

Beginning Line Dance: 11:30A.M. (Gym) (August 29 through November 21) is a choreographed dance with a repeated sequence of steps in which a group of people dance in one or more lines or rows. If you have never taken a line dance class then this class is for you.

Intermediate Line Dance: 12:45P.M. (Gym) (August 29 through November 21) This class is designed for individuals who have taken a line dance class.

Knitting: 1:00P.M. (Room 303) Knitting is the name of the craft that involves two needles and yarn or thread. Loops in the yarn are manipulated with the needles to make a knitted fabric. This class makes a variety of projects from hats and gloves to scarfs and blankets. This class is open to individuals of all expert levels.

Mahjong: 2:00P.M. (Card Room) Mahjong is a card game that originated in China. Four players play the game using numbered tiles or cards. All expert levels are welcomed.

Table Tennis: 2:00P.M. (Gym)- Best brain sport ever, highly aerobic, uses both the upper and lower body, is great for eye hand coordination and reflexes, and causes you to use many different areas of the brain at once as you are tracking the ball.

Volleyball: 4:00P.M. (Gym)- A great full-body workout, with regular play will help improve your agility, overall flexibility, reaction time, speed and upper and lower body strength.

Tuesday:

Lap Swimming: 8:00A.M. (Aquatics Center) (There will be an additional swimming lane open to just Senior Center members. The other lane will be first come first serve)- Swimming freestyle will not only work your shoulders and legs extremely well but your chest, back, core, and everything in between will show signs of real development in just a few days.



Zumba Fitness: 8:15 A.M. (Gym)- Combines dance steps from various Latin dances into an aerobic routine. In addition to the calorie burning and aerobic workout, dance in general can improve balance and coordination, and calls upon you to use different muscles at varying speeds.

Open Woodshop: 8:00A.M. -2:00P.M.(Woodshop)- If you enjoy woodworking and creating exciting wood projects stop by our Wood Shop. We have all the equipment and tools to complete any project big or small

Message Therapy: 9:00A.M. to 3:00P.M. (Multipurpose Room) (Appointment Only: Contact Cheryl Merriken at 791-4222, \$20 for ½ hour relaxation massage and \$25 for ½ hour deep tissue massage, fees paid to massage therapist day of massage)

Ceramics: 9:00A.M. (Ceramics Room) In this class you will paint ceramic figurines that you bring in on your own. You can purchase these at any local craft supply store. After you have painted your figurine, it will be fired in the kiln as your finished piece.

Basket Weaving: 9:00A.M. (Room 303) Basket weaving is the hand-crafted method of creating woven baskets from natural grasses. Basket weavers use many variations of several basic techniques that include coiling, twining, plaiting, and weaving to create endless varieties of baskets. This class is open to individuals of all expert levels.

Strength Training: 9:30A.M. (Gym)- Improves your balance and stability, reduces blood pressure, builds muscle strength, and improves your ability to do everyday activities.

Renaissance Strings: 10:00A.M. (Atrium) Dulcimer players along with a few other stringed instruments meet at the Center and practice on Tuesday morning. In the afternoon at 2:00, they entertain at a different nursing home each week.

Sing Along: 10:15A.M. (Cafeteria) Is a group of people who meet around the piano in the cafeteria and sing hymns out of the church hymnal. Everyone is welcome.

Exercise for Everyone: 10:30A.M. (Gym)- A great chair exercise class for those unable to get on the floor, with use of Dyna-A-Bands to provide the means of safely improve muscular strength and endurance, range of motion and flexibility.

Beginner Dulcimer: 11:00A.M. (Atrium) (August 30 through November 22) Learn to play the Appalachian/Lap Dulcimer in this class. The "Mel Bay-First Lessons" dulcimer book is used at a \$10.00 cost. It's fun to play with a group of dulcimers!

Shuffleboard: 1:00P.M. (Ceramics Hallway)- All levels of experience are welcome, with tournaments held semi-annual.

Pickelball: 1:00P.M. (Gym)- A fun sport that combines many elements of tennis, badminton and table tennis. A paddle sport created for all ages and skill levels, and is easy for beginners to learn.

Basketball: 4:00P.M. (Gym)- Played alone or in groups, basketball can reduce stress.

Rook: 4:00P.M. (Card Room) Come and meet new people while playing Rook on Tuesdays. Please bring a snack to share with others.

Karaoke: 4:00P.M. (Cafeteria)- Karaoke will meet every 3rd Tuesday of the month. Please bring in a snack to share with everyone.

Wednesday:

Lap Swimming: 8:00A.M. (Aquatics Center) (First come first serve)- Swimming freestyle will not only work your shoulders and legs extremely well but your chest, back, core, and everything in between will show signs of real development in just a few days.

Silver Sneakers Classic: 8:15A.M. (Gym)- It's designed to increase strength, range of movement, agility, balance and coordination, and to improve participants' functional capacities, physical fitness level and sense of well-being.

Open Woodshop: 8:00A.M. to 2:00P.M. (Woodshop)- If you enjoy woodworking and creating exciting wood projects stop by our Wood Shop. We have all the equipment and tools to complete any project big or small.

Daily Activities & Classes

High Impact Aerobics: 9:15A.M. (Gym)- Aerobic exercise keeps your muscles strong, your mind sharp, which can help you maintain mobility as you get older. At least 30 minutes of aerobic exercise three days a week appears to reduce cognitive decline in older adults.

Intermediate Clay: 10:00A.M. (Clay Room) (August 31 through November 23) This class is designed for individuals who have worked with clay before and who have previously taken our beginning clay class. In this class you will hand-build and use the pottery wheel. *You may sign up for this class on August 4th.

Strength Training: 10:15A.M. (Gym)- Improves your balance and stability, reduces blood pressure, builds muscle strength, and improves your ability to do everyday activities.

Intermediate Clogging: 11:15A.M. (Room 302) (August 31 through November 23) If you have clogged in the past and want to renew the joy and fun of clogging then this is the class for you. It has challenging choreography and we welcome past cloggers and ones from the beginner class to move into this class.

Hand & Foot Card Game: 12:30P.M. (Card Room) Hand and Foot is a North American game related to Canasta, in which each player is dealt two sets of cards - the hand, which is played first, and the foot, which is played when the hand has been used up. If you are interested in learning a new card game, or have played before, then join us on Wednesday's.

Intermediate Belly Dancing: 1:00P.M. (Room 302) (August 31 through November 23) All women are welcome to this class. However it is a huge help if you have some knowledge of belly dance. We do faster movements and more choreography. Come join us!

Table Tennis: 1:00P.M. (Gym)- Best brain sport ever, highly aerobic, uses both the upper and lower body, is great for eye hand coordination and reflexes, and causes you to use many different areas of the brain at once as you are tracking the ball.

Basketball: 4:00P.M. (Gym)- Played alone or in groups, basketball can reduce stress.

Thursday:

LLap Swimming: 8:00A.M. (Aquatics Center)- (There will be an additional lane open to just for Senior Center members. The other lane will be first come first serve.) - Swimming free-style will not only work your shoulders and legs extremely well but your chest, back, core, and everything in between will show signs of real development in just a few days.

Zumba Fitness: 8:15A.M. (Gym)- Combines dance steps from various Latin dances into an aerobic routine. In addition to the calorie burning and aerobic workout, dance in general can improve balance and coordination, and calls upon you to use different muscles at varying speeds.

Bingo: 9:00A.M. (Cafeteria)

Ceramics: 9:00A.M.- (Ceramics Room)- In this class you will paint ceramic figurines that you bring in on your own. You can purchase these at any local craft supply store. After you have painted your figurine, it will be fired in the kiln as your finished piece.

Woodcarving: 9:00A.M. (Room 303)- In this class you will learn how to make projects by carving out a piece of wood. Beginners and expert levels are wanted for this class.

Strength Training: 9:30A.M. (Gym)- Improves your balance and stability, reduces blood pressure, builds muscle strength, and improves your ability to do everyday activities.

Meditation: 9:30 A.M. (Room 306) (September 1 through November 24) In this class you will practice and learn meditation techniques led by Lee Stone. Meditation has many benefits for senior citizens. Benefits include; Meditation helps memory, it helps the digestive system work better, it helps the digestive system, it sharpens and focuses the mind, and meditation melts away stress, yielding many great benefits. The class is \$5.00 per class.

Beginning Clogging: 10:00A.M. (Room 302) (September 1 through November 24) In this class you will learn the basic of clogging and some fun dances. This is a great cardio workout along with being fun and learning to dance.

Bunco will be played every month on the second Thursday; the next one will be on Thursday, September 8 at 10:30A.M. in the Card Room. Bunco is a dice game where each rounds purpose is to score 21 or to score Bunco. After two games, play will stop for a light snack. After all four games, prizes will be awarded as follows: 1st prize: Most Bunco's, 2nd prize: Most wins, 3rd prize: Most losses, 4th prize: Last person with Fuzzy Dice, 5th prize: "At least I got something" (picked from score sheets).

Exercise for Everyone: 10:30A.M. (Gym)- A great chair exercise class for those unable to get on the floor, with use of Dyna-A-Bands to provide the means of safely improve muscular strength and endurance, range of motion and flexibility.

Intermediate Dulcimer: 11:00A.M. (Atrium) This class is taken after the beginning class and prepares you to play with the Renaissance Strings.

Core and Posture Beginning Belly Dance: 11:30A.M. (Room 302) (September 1 through November 24) This class is for women who are interested in improving their physical health. It is great for fibromyalgia, arthritis, and other muscles problems. You will learn body control and enjoy learning the belly dance movements and dances.

Jam Session: 12:30P.M. (Cafeteria) (Held every 1st and 3rd Thursday of the Month) Jam Session is a time to come listen to great live music, dance and socialize with new people.

Volleyball: 1:00P.M. (Gym)- A great full-body workout, with regular play will help improve your agility, overall flexibility, reaction time, speed and upper and lower body strength.

Shuffleboard: 1:00P.M. (Ceramics Hallway)- All levels of experience are welcome, with tournaments held semi-annual.

Cornhole: 4:00P.M. (Gym)- Corn hole is an American lawn game in which players take turns throwing bags of corn at a raised platform with a hole in the far end. A bag in the hole scores 3 points, while one on the platform scores 1 point. No sign up required, just come in and ask for the boards.

Friday:

Lap Swimming: 8:00A.M. (Aquatics Center) (First come first serve)- Swimming freestyle will not only work your shoulders and legs extremely well but your chest, back, core, and everything in between will show signs of real development in just a few days.

Silver Sneakers Classic: 8:15A.M. (Gym)- It's designed to increase strength, range of movement, agility, balance and coordination, and to improve participants' functional capacities, physical fitness level and sense of well-being.

Tai Chi- 9:00A.M. (Room 310) (September 2 through November 25) This class is designed for individuals who have taken a Tai-C hi class before.

Genealogy Club: 9:00A.M. (Computer Lab) Have you been interested about where your ancestors originated? Then this is the class for you. Join us for class and our instructors will help you discover the history of your ancestors.

High Impact Aerobics: 9:15A.M. (Gym)- Aerobic exercise keeps your muscles strong, your mind sharp, which can help you maintain mobility you get older. At least 30 minutes of aerobic exercise three days a week appears to reduce cognitive decline in older adults.

Strength Training: 10:15A.M. (Gym)- Improves your balance and stability, reduces blood pressure, builds muscle strength, and improves your ability to do everyday activities.

Pickleball: 1:00P.M. (Gym)- A fun sport that combines many elements of tennis, badminton and table tennis. A paddle sport created for all ages and skill levels, and is easy for beginners to learn.

Bridge Group: 1:00P.M. (Atrium) This is a weekly group meeting of Bridge players. This is an intermediate level Bridge group. If interested please contact the front office.

Basketball: 4:00P.M. (Gym)- Played alone or in groups, basketball can reduce stress.

Saturday:

Basketball: 9:00A.M. (Gym)- Played alone or in groups, basketball can reduce stress.

Table Tennis: 10:30A.M. (Gym)- Best brain sport ever, highly aerobic, uses both the upper and lower body, is great for eye hand coordination and reflexes, and causes you to use many different areas of the brain at once as you are tracking the ball.

Our next **S.M.I.L.E.** meeting will be on Thursday, September 8, 2016 at 2:00P.M. in room 239. S.M.I.L.E stands for Seniors Making Individual Lives Exciting. This is our volunteer program at the Kingsport Senior Center. If you are interested in volunteering please attend our next S.M.I.L.E meeting or call 392-8404. Volunteer duties include but are not limited to: meals on wheels, luncheons, welcome desk, parties, office duties, special events, and projects.

Individual computer instruction available for \$15 per hour.

Please call to schedule a day and time.

Charles Harrell: 276-415-4891 Whitney Sensabaugh: 423-967-7428

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